

Indicator RECOMMENDED	Current Binge Drinking by Adults Aged 18 and Older
Justification	Binge drinking, as indicated by consumption of five drinks or more within a short time span, is strongly associated with injuries, motor vehicle crashes, violence, fetal alcohol spectrum disorder, chronic liver disease, and a number of other chronic and acute conditions. Approximately 100,000 deaths per year are attributed to alcohol misuse.
Definition	Percent of persons aged 18 and older reporting having five or more drinks on at least one occasion within the past 30 days
Data Source	Behavioral Risk Factor Surveillance System (BRFSS), Centers for Disease Control and Prevention (CDC)
Frequency	Annual
Geographic levels	National and State
Demographic Categories	Age, Gender, and Race/Ethnicity
Strengths	This measure has been used consistently for many years, and by many different surveillance systems, as an easily obtained indicator of an alcohol use behavior that is almost certain to cause impairment. The BRFSS provides prevalence estimates of adult use for every state. State-level estimates may be further broken down by age, gender, and race/ethnicity.
Limitations	This measure does not capture the frequency of binge drinking or amount consumed on any one occasion. The BRFSS is a telephone survey subject to potential bias due to self-report, non-coverage (households without phones), and non-response (refusal/no answer). Estimates for subgroups may have relatively low precision (i.e., large confidence intervals).